

NEW! Group Fitness Classes coming to Willoughby Hills Recreation Department!

Classes start September 17!

Classes provided by Matter of Fitness, LLC



Come join the Party!

Zumba combines Latin and International Music for an effective workout!

With Zumba, you can get fit – while having fun!



A 30-minute advanced class gets straight to the core of conditioning!

Core work helps to improve your posture and tone your midsection

May use resistance bands provided by the instructor

All are Welcome

Class	Date & time	Instructor	Location
Hard CORE	Monday, 5:45 – 6:15 p.m.	Diana	Schaefer Room
Zumba	Monday, 6:30 – 7:15 p.m.	Laura	Schaefer Room

Try before you buy --- Any first class is always free!

Classes use Punch Pass ----- Punch passes good for 6 months from purchase

10 Class Punch Pass \$60 ----- Drop in class fee \$8

Cash and Checks payable to Matter of Fitness

Call

Diana at 216-337-7419 or Laura at 440-749-0115

To register or for more information